

## Recommended Resource List: Bipolar Disorder / Manic Depression

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- *State government employees* should follow the call number link to the [KDLA Catalog](#) and click on the "Make a Request" tab on the right. Complete the form with your name, library card number, and delivery choice. Then click on "Submit Form." Requests can also be made by calling the State Library's Circulation Desk at (502) 564-8300, ext. 337 or (800) 928-7000, ext. 337. Materials can be delivered by messenger mail in Frankfort or by UPS to field/district offices (return postage included).
- *Public Library staff* should use the OCLC Interlibrary Loan system for audiobook and book requests and the [Public Library Visual Materials/Kit Request](#) form for videos and DVDs.
- *Members of the general public* should contact their local public library for interlibrary loan service.

## Books

Basco, Monica Ramirez. **The Bipolar Workbook: Tools for Controlling Your Mood Swings.** New York: Guilford Press, 2006. Call number: [616.89506 Basco](#)

Burgess, Wes. **The Bipolar Handbook: Real-life Questions with Up-to-date Answers.** New York: Avery, 2006. Call number: [616.89506 Burg](#)

Eron, Judy. **What Goes Up—Surviving the Manic Episode of a Loved One.** Fort Lee, NJ: Barricade Books, 2005. Call number: [362.1968950092 Eron](#)

Faedda, Gianni L. **Parenting a Bipolar Child: What to Do & Why.** Oakland, CA: New Harbinger Publications, 2006. Call number: [618.9289 Faed](#)

Fast, Julie A. **Take Charge of Bipolar Disorder: a 4-step Plan for You and Your Loved Ones to Manage the Illness and Create Lasting Stability.** New York: Warner Wellness, 2006. Call number: [616.89506 Fast](#)

Fisher, Marlee. **70 Signs of Depression: Recognize and Cope with Your Loved One's Clinical or Manic Depression.** Newport Beach, CA: Communications Strategies, 2005. Call number: [616.8527 Fish](#)

Greenberg, Rosalie. **Bipolar Kids: Helping Your Child Find Calm in the Mood Storm.** Cambridge, MA: Da Capo Life Long, 2007. Call number: [618.92895 Gree](#)

Lombardo, Gregory T. **Understanding the Mind of Your Bipolar Child: the Complete Guide to the Development, Treatment, and Parenting of Children with Bipolar Disorder.** New York: St. Martin's Press, 2006. Call number: 618.92895 Lomb

McManamy, John. **Living Well with Depression and Bipolar Disorder: What Your Doctor Doesn't Tell You-- That You Need to Know.** New York: Collins, 2006. Call number: 616.85270092 McMa

Miklowitz, David J. **The Bipolar Reen: What You Can Do to Help Your Child and Your Family.** New York: Guilford Press, 2008. Call number: 616.895 Mikl

Mondimore, Francis Mark. **Bipolar Disorder: a Guide for Patients and Families.** 2<sup>nd</sup> ed. Baltimore, MD: Johns Hopkins University Press, 2006. Call number: 616.895 Mond

Papolos, Demitri F. **The Bipolar Child: the Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder.** 3<sup>rd</sup> ed. New York: Broadway Books, 2006. Call number: 618.92895 Papo

## Videos/DVDs

**Bi-polar Disorder** (Healthy Body, Healthy Mind). 30 min. Aquarius Health Care Videos, 2005. DVD. Call number: VC DV 616.895 Bipo

**Flight from Despair: Depression and Mania.** 52 min. Films for the Humanities & Sciences, 2001. Video. Call number: VC 616.895 Flig

**Going to Extremes: Mood Disorders and Schizophrenia.** 30 min. Aquarius Health Care Media, 2006. DVD. Call number: VC DV 616.8527 Goin

**In Our Own Words: Teens with Bipolar Disorder.** 30 min. Josselyn Center, 2001. Video. Call number: VC 616.8950835 In

**Portraits: Moving Forward.** 19 min. Aquarius Health Care Videos, 2000. Video. Call number: VC 616.895 Port

## Websites

<http://www.nimh.nih.gov/healthinformation/bipolarmenu.cfm>

**Bipolar Disorder** from the National Institute of Mental Health provides an overview of Bipolar Disorder as well as information on symptoms, treatment options, locating services, and current research news. Last accessed on December 5, 2008.

**<http://www.nlm.nih.gov/medlineplus/bipolardisorder.html>**

**Bipolar Disorder** from Medline Plus provides an overview of Bipolar Disorder as well as information on symptoms, treatment options, coping strategies, and recent news articles. Last accessed on December 5, 2008.

**<http://permanent.access.gpo.gov/lps30018/NIMHstorybipolar.pdf>**

**A Story of Bipolar Disorder (manic-Depressive Illness): Does This Sound Like You?** is published by the National Institute of Mental Health provides a real account of someone with Bipolar Disorder and gives important information on the symptoms of Bipolar Disorder. Last accessed on December 5, 2008.